



MAPLE GROVE

FARMERS MARKET

For Market Day — Thursday July 10, 2014

Every Thursday thru October 23
Hours: 3 to 7 p.m. 3 to 6 p.m. (Oct.)

PoP Goes the Market

Power of Produce (PoP) Kids Club Starts July 10th

New to the Maple Grove Farmers Market, and the only one of its kind in Minnesota, we are excited to launch the PoP Club on Thursday, July 10th.

Specially designed for and **open to kids ages 5-12 at no cost**, PoP club members receive special purchasing power **each market Thursday from July 10 to August 14**. That power gets them engaged with the vendors and allows them to make their own food choices from the wide array of fresh, vendor grown products. But wait, there's more!

Each week of the club, we'll have a special PoP tent set up. Once a child comes to the tent and joins (parental permission/signature required), they will receive:

- The first punch on their PoP club card (Kids can get up to six punches on their card.)
- A special PoP Club logo shopping bag
- Their first \$2 token to be used towards fruit, vegetables or food-bearing plants or can be saved and spent at a future market for a larger purchase.

The PoP tent is where club members come each market day for their token and to get a punch on their PoP card. But wait, there's even more!!

Each week at the PoP tent, kids of all ages are invited to participate in an activity or demo geared towards making healthy food choices and exploring and enjoying the bounty of the farmers market.



Based on a format established by the Oregon City Farmers Market, the Power of Produce initiative seeks to develop the next generation of healthy eaters. **Help your kids get hands on with good food choices this summer. Starting July 10th sign them up for the PoP club!**



Outside at the Maple Grove Community Center, 12951 Weaver Lake Road

www.MapleGroveFarmersMarket.com

763-494-5955

Power of Produce

Special Events

Kids of all ages are invited to enjoy the following PoP Club events.

July 10	Farmers Market Scavenger Hunt 3 to 7 p.m.
July 17	Veggie Experiment Station and Sampling 4 to 5:30 p.m.
July 24	Kids' Cooking Demo by Whole Foods Market 4 to 5 p.m.
July 31	Curing Picky Eater Syndrome—activities for kids & parents 4 to 5:30 p.m.
August 7	Kids' Cooking Demo by Whole Foods Market 4 to 5 p.m.
August 14	Monarch Butterfly presentation by Eastman Nature Center 4 to 5 p.m.

Medica Healthy Savings

Nutritious local produce takes center stage in July. Medica insurance holders who participate in the Healthy Savings Program can bring their Healthy Savings card (see photo) to the Market Info Booth during the month of

July to receive a coupon for \$3 off market produce (one per

customer per week). Hand the coupon to the produce vendor and enjoy your healthy, local products and your savings!



HAPPENINGS

THIS WEEK — JULY 10

Ongoing

Fresh Fare -- Come to the Market Info Trailer for your weekly dose of free recipes!

Frequent shopper—Stop by the Market Info Trailer and our helpful volunteers will get you started to punching your way to earning a \$5 FM token.

Power of Produce Kids Club - Kids ages 5-12 can come to the PoP Tent anytime during the Market to join. This week's special PoP activity is a farmers market scavenger hunt!

4 to 7 p.m.

Enjoy the music of Karl Burke— sponsored by Maple Grove Hospital.

NEXT WEEK — July 17

Ongoing

Master Gardeners answer your garden, lawn and growing questions. Take advantage of their knowledge and resources!

Power of Produce Kids Club - Kids 5-12 can come to the PoP Tent anytime during the Market to join or get their card punched. This week's special PoP activity is a veggie experiment station and sampling from 4 to 5:30 p.m. at the PoP tent.

Fresh Fare -- Come to the Market Info Trailer for your weekly dose of free recipes!

Frequent shopper—Stop by the Market Info Trailer to start your card.

4 to 7 p.m.

Enjoy music from the Women's Drum Center Ensemble — sponsored by Tiller Corporation.